

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention and Education Program

Issue 63

<http://www.clark.wa.gov/health/tobacco/tidbits.html>

August 2005

Guide to Smoke-free Homes in the Works

The Guide to Smoke-free Dining in Southwest Washington is such a hit that now the Secondhand Smoke Task Force is planning to compile a *Guide to Smoke-free Homes in Southwest Washington*. Promoting smoke-free homes, especially apartments and condominiums is the primary focus of the Secondhand Smoke Task Force for year 2. Calls to the Health Department's Tobacco Prevention and Education Program indicate that residents living in apartments and multi-family dwellings do not always enjoy access to smoke-free air the way homeowners do. When renters who smoke share walls with residents who don't smoke, secondhand smoke can drift into adjoining units through heating and ventilation systems, cracks in walls, floors or ceilings, and from open windows. Smoking in common areas such as doorways, balconies and patios also means nonsmokers and children can be exposed to secondhand smoke. Secondhand Smoke Task Force members determined that residents in multi-unit dwellings, namely apartments, could least afford to move and that smoke-free air was not only a public health concern, it was a matter of social justice. According to the *Clark County 2002 Behavior Risk Factor Surveillance Survey*, residents with incomes of \$25,000 or less were more likely to allow smoking in their homes than residents with higher incomes. If you are aware of any apartments, duplexes or condominiums that have policies restricting or prohibiting smoking, contact [Theresa Cross](#), 360.397.8215 x 3178.

Relay for Life a Big Success

An estimated 1,500 participants walked around the clock raising approximately \$333,185 during the West Clark County American Cancer Society Relay For Life at Columbia River High School July 16-17. There were 145 registered survivors and 115 registered teams, according to Christie Walker with the American Cancer Society, which is about 60% MORE than last year. "We had a 7 year old cancer survivor - Ashley Helmold - talk about her cancer and what the Relay For Life means to her and then she read a poem in the opening ceremony," said Walker. "She was amazing and inspirational!!!" During the opening ceremony there was a dove release that was described as a breathtaking site. For more information contact Wendy Fisher at the ACS 503.795.3922.

Inside this issue:

- [Local news 1](#)
- [Local news 2](#)
- [State and national news](#)
- [Calendar of events](#)
- [Newsletter contacts and websites](#)
- [Training opportunities](#)
- [Web resources links](#)

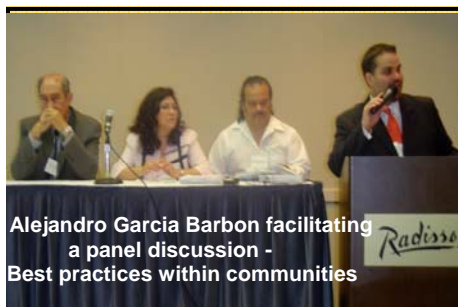


Vancouver Cabs now smoke-free!

Congratulations to Vancouver Cab for protecting the public from secondhand smoke! Earlier this year, local Vancouver Cab Company decided to prohibit smoking in their fleet of cabs. According to Dean Harkness, dispatcher and mechanic, customers have been prohibited from smoking in their cabs for quite some time but there were still a few drivers who smoked while driving their cabs. Vancouver Cab had been anticipating that new rules prohibiting smoking in all cabs licensed to operate in Vancouver would be passed by the city. The City of Vancouver has not passed any regulations to date, but Vancouver Cab decided to act preemptively and prohibit smoking altogether anyway. Harkness did not know exactly how many vehicles Vancouver Cab owns, but he did say that there are fewer cab companies than there used to be, and that only about 40 cabs total are licensed to operated locally. Signs are posted in the back window of all Vancouver Cabs stating that smoking is prohibited in their vehicles.



Each month, Tobacco Tid-Bits dishes up details on a local smoke-free restaurant listed in the [Guide to Smoke Free Dining in Southwest Washington](#). This month we feature an authentic family restaurant, Vinnie's Pizza in Ridgefield. Owned and operated by Elena and Vinnie Coco, their daughter, son-in-law and son all work there. Vinnie's opened 15 months ago smoke-free and the Coco's say they never even considered allowing smoking at their restaurant. Daughter Vanessa was very active in youth tobacco prevention while a student at Columbia River High School in Vancouver and it was through her that they learned how harmful smoking is. Outdoor seating will be available later this summer, and will be smoke-free as well. According to the Coco's, cigarette smoke can ruin the taste of a good pizza dinner and that would be a shame because Vinnie's Pizza features New York style, hand-tossed pizzas, calzone, stromboli, hot and cold sandwiches, salads and a soup of the day. Elena's family has been in the restaurant business for 35 years. The Coco's are both "100% Italian" and so is their food. Their sauce and dough are made fresh daily, and cheese is shredded on-site. Some of the desserts are made by Elena, including cannoli and tiramisu. They say customers come all the way from Lake Oswego for her cannoli. Vinnie's Pizza is located at 206 Main Street, the former site of the post office. With walls adorned with hand-painted murals and Italian music piped in from Vinnie's collection of CD's, Vinnie's Pizza is a true Italian eatery.



Washington State Latino Summit Highlights Tobacco Epidemic with Latinos Population

More than 60 social advocates and public health professionals participated in the first Washington State Latino Summit June 8-9 in Sea-Tac. The two days were packed with energetic and passionate presentations. Dr. Maxine Hayes, Health Officer of Washington State, emphasized that as communities, we need to address the REAL causes of tobacco use which include poverty, education, less access to health resources, stress, media influences, violence, and discrimination. Alejandro Garcia Barbon, Associate and Project Director of The National Latino Council on Alcohol and Tobacco Prevention reaffirmed that Latinos make up the largest and fastest growing racial/ethnic group in the US. Latinos are also a young population; 21% are under 14 years of age. The fact that the number of Latino youth is increasing makes them an attractive target for the tobacco industry. In addition, there were five workshops to motivate and educate participants with the goal of empowering them to take action against tobacco use in their communities. Perhaps the most valuable aspect of the Summit, according to Jamie Zentner, Health Educator at Sea Mar Community Health Center in Vancouver, was the opportunity for Hispanic/Latino leaders to share ideas and exchange resources. The Latino Summit was the first in what they hope to be many events to eliminate tobacco use among the Hispanic/Latino Community. For more information contact [Jamie Zentner](#), 360.566.4403.

New Tobacco Prevention Resource Center Website Online

The new Tobacco Prevention Resource Center (TPRC) website is online at www.tobaccoprc.org, the same address as the previous site. TPRC is now managed by Educational Service District (ESD) 112 in collaboration with the 8 other ESDs across the state. It provides tobacco prevention and control trainings and technical assistance throughout the state, coordinates communication among state technical assistance providers, and acts as a resource for speakers and tobacco-related conferences. Deb Drandoff with ESD 112 is managing this program. Over the past few months, community and ESD tobacco contractors have conducted needs assessments and are now planning regional training priorities for the upcoming year. The TPRC website is still being updated and several regional trainings and a calendar of events will be posted there by September 1. All trainings on the website are free and open to tobacco contractor staff and interested community stakeholders. A web-based registration system will make it easy to access these resources. For more information, contact [Deb Drandoff](#). Willie Manns is currently working with Deb in taking on her former role as Coordinator for the Tobacco Prevention Program for ESD 112. Willie says "Her tutelage is invaluable. In the last two weeks I have met with all of the county contractors affiliated with ESD 112 from Clark, Skamania, Cowlitz, Klickitat, Pacific, and Wahkiakum Counties.

(continued on page 3)

(Willie Manns - continued from page 2)

I am learning about best practice curriculums when it comes to tobacco prevention and cessation such as *Life skills*, *Here's Looking at You*, *Project Alert* and many others. In my role as the new Tobacco Coordinator I am also responsible for developing and implementing trainings for both ESD 112 and TPRC. In my spare time, I have been reviewing The Surgeon General Report on *The Health Consequences of Smoking* and Iain Gately's book - [Tobacco: A Cultural History of How an Exotic Plant Seduced Civilization](#). I am really looking forward to this new journey with ESD 112 and all of the wonderful people that are part of the tobacco-free movement in Washington state."



Please add Willie to your resource contact list: Willie Manns, MS Coordinator Tobacco Prevention/ Safety Prevention Center, Educational Service District 112, 2500 NE 65th Ave. Vancouver, WA. 98661 Phone 360.750.7500 x 133 Fax 360.750.9142 willie.manns@esd112.org

Washington Cracks Down on Internet Tobacco Sales

A merchant selling cigarettes for the Seneca Nation has agreed to give Washington officials his customer list so the state can collect unpaid taxes on sales made over the Internet. The agreement reached in federal district court in Tacoma, Washington is expected to have a huge impact on cigarette sales by the upstate New York tribe, as well as on persons who made purchases in Washington, who will now be getting tax bills from the state. Some experts say the agreement will encourage other states to take similar steps to crack down on Internet tobacco sales, which have cost them millions in lost tax revenue. "If this approach is followed by attorneys general in other states, it could have a very significant impact on curtailing cigarette sales," said Eric Lindblom of the Campaign for Tobacco-Free Kids. "I don't see why other states couldn't do the same thing if they choose to do so," agreed Cam Comfort, Washington's senior assistant attorney general. While the defendant might have tried to raise tribal sovereignty as a defense, the defense lawyer in the Washington case said that would not have shielded the seller from the federal Jenkins Act, which requires all tobacco merchants to report their sales to out-of-state customers. ([7/16 the Buffalo News](#))

Secondhand Smoke Almost as Bad as Smoking according to Study

Compelling scientific evidence is accumulating about the substantial and rapid impact on the heart and blood vessel system from exposure to secondhand smoke, according to a literature review reported in *Circulation: Journal of the American Heart Association*. "Despite the much lower dose that nonsmokers receive compared to smokers, secondhand smoke can have effects nearly as significant as active smoking," said study author [Stanton A. Glantz, Ph.D.](#), a professor of medicine at the University of California, San Francisco. In a meta-analysis of 29 studies, researchers reviewed the mechanistic effects of secondhand smoke on the cardiovascular system, emphasizing research published in the past decade. They found that the dose of smoke delivered to an active smoker is at least 100 times the dose delivered to a passive smoker. Coronary heart disease risk in smokers increases about 80 percent compared to an approximately 30 percent increase in risk for passive smokers, meaning passive smoking has much larger effects on the cardiovascular system than would be expected based on a comparison of the doses of toxins delivered to active and passive smokers, according to the study. ([5/24/05 American Heart Association Journal Report](#).)

Secondhand Smoke Risky During Pregnancy

Any exposure to tobacco smoke, including secondhand smoke, presents a risk of genetic mutation for unborn children, according to researchers at the [University of Pittsburgh Graduate School of Public Health](#). A research review found that secondhand smoke exposure during pregnancy can cause genetic mutations in umbilical-cord blood similar to those found in pregnant women who smoke. This analysis shows not only that smoking during pregnancy causes genetic damage in the developing fetus that can be detected at birth, but also that passive - or secondary - exposure causes just as much damage as active smoking, and it is the same kind of damage," said lead researcher Stephen G. Grant. "These kinds of mutations are likely to have lifelong repercussions for the exposed fetus, affecting survival, birth weight, and susceptibility to disease, including cancer." The research was published in the [journal BMC Pediatrics](#).

Conferences and Summits

August 21-24— **5th Annual National Native Conference** on “Tobacco Use, Best and Promising Approaches: Blending Native Traditions and Tobacco Prevention.” DoubleTree Hotel, Portland Lloyd Center. Early registration (received before August 12): \$125. Contact: Teresa White 503.416.326 or visit the National Tribal Tobacco Prevention Network web site at <http://www.tobaccoprevention.net/>

October 20-22 - **Washington State Prevention Summit**, Yakima Convention Center. Early Registration: \$150 Adults; \$35 Youth / Students. On-site registration: \$200 Adults; \$50 Youth / Students. For more information, contact the DASA Training Section at 1.877.301.4557 or visit the DASA website at <http://www1.dshs.wa.gov/dasa/>

Mark Your Calendars: Youth Advocacy Training

October 5 - The **Youth Advocacy Training** is designed to help youth create change in their communities. The major goal is to influence young people to avoid tobacco use and become responsible advocates for a tobacco-free America. Happening October 5 from 8 AM to 1:30 PM at the Water Resources Education Center in Vancouver, the Youth Advocacy Training is designed to help youth create change in their communities by focusing on the following areas:

1. Developing skills to become advocates for a tobacco-free community.
2. Learning the importance of networking, and making strong connections with adults that can assist in making the youths' goals of a tobacco free community come to fruition.
3. Understanding the advocacy process from the political, civil and business environments.
4. Learning the social and emotional impact of advocacy (the "feelings" side of it) and how competence grows.
5. Learning how to develop a specific action plan, and the self confidence to follow it to completion.

Registration details will be in the September issue of Tobacco Tidbits.

Newsletter Contacts:

- [Editor, Kimberly Nelson](#)
- [Tobacco Free Coalition of Clark County](#)
- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Health Department Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)
- [Subscribe to this Newsletter](#)

Calendar of Events

- 8/04 Secondhand Smoke Task Force Meeting**, 1:30 - 3:00 PM, Clark County Health Department, Garden Level Conference Room. Contact: [Theresa Cross](#), 360.397.8215 x 3178
- 8/13 Battle Ground Kids Back to School Health Fair**, North County Family Resource Center, 701 E. Main Street. Will include tobacco prevention and cessation materials. Contact: [Jamie Zentner](#) 360.566.4403
- 8/18-21 Skamania County Fair & Timber Carnival**, Free. Skamania Fairgrounds, Stevenson. Featuring tobacco education and cessation booth. Contact: [James Lanz](#): 360.397.8416
- 8/20 Annual Outdoor Fair Dance**, 8-11 PM, parking lot of Rock Creek Center, Stevenson. Featuring tobacco prevention booth. Contact: [Renee Hanks](#) 509.427.9478
- 8/20 Covering Kids Back to School Health Fair**, 10 AM -3 PM Battle Ground. Will include tobacco prevention and cessation materials. Contact: [Jamie Zentner](#) 360.566.4403
- 8/21-24 5th Annual National Native Conference on Tobacco Use**, DoubleTree Hotel Portland Lloyd Center. Contact: Teresa White 503.416.326 or log on to: <http://www.tobaccoprevention.net/>
- 8/25 CMAA Board meeting**, 3:30 PM, Stevenson High School. Contact Scott Pineo 509.427.9478.

Please [let us know](#) about your tobacco related events so we can post them here.

Tobacco Prevention and Cessation Related Web Links

- [Action on Smoking and Health](#) - Everything for people concerned about smoking and nonsmokers' rights, smoking statistics, quitting smoking, smoking risks, and other smoking information: www.ash.org
- [Americans for Nonsmokers' Rights](#) - Leading national organization dedicated to nonsmokers' rights: www.no-smoke.org
- [American Legacy Foundation](#) - A national, independent public health foundation located in Washington, D.C., the foundation develops national programs that address the health effects of tobacco use: www.americanlegacy.org
- [Campaign for Tobacco Free Kids](#) - Fighting to free America's youth from tobacco and to create a healthier environment: www.tobaccofreekids.org
- [CHAMPSS](#), Children Helping And Motivating Parents to Stop Smoking - Provides kids with tips on how to talk to their parents about quitting smoking, and offers educational materials and other information they will need to support their parents through a quit attempt: www.champss.org
- [Chewfree.com](#) is a website designed to help people quit using chewing tobacco or snuff (smokeless tobacco): www.chewfree.com
- [O2 Magazine](#) - A publication designed by Washington teens to discuss their efforts at fighting tobacco and showcase their creative talents with feature stories original artwork and photographs: www.unfilteredtv.com/o2magazine/index.php
- [Tobacco Fact Clipboard](#) - The American Legacy Foundation has compiled a wide range of tobacco, smoking, and health-related facts in a single, easy to use database: www.americanlegacy.org/factclipboard
- [Smokefree Housing](#) - Housing Connections offers a searchable database that includes *nonsmoking* as an apartment criteria option under *advanced search*: www.housingconnections.org/Search.cfm
- [SMOKEFREE Network](#) - Site aimed at winning the right to breathe smoke-free air, facilitating communication among smoke-free advocates and key decision makers and sharing information about the tobacco industry: www.SMOKEFREE.net
- [Smoke-Free Pregnancy Resource](#) - A national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant women quit smoking and spread the word about effective, evidence-based treatments: www.smokefreefamilies.org
- [Smoke-free Restaurants in Washington](#). Washington State Department of Health web-based interactive map listing nearly 5,000 smoke-free restaurants (including some bars and taverns) around the state. www.secondhandsmokesyou.com. Click [Clark County](#) or [Skamania County](#) for local restaurants.
- [Tobacco Scam](#) - Know a restaurant that needs convincing to go smoke free? Have them get the facts about the benefits of going smoke-free at: www.TobaccoScam.ucsf.edu
- [Tobacco Quit Line](#) - A cessation specialist will provide free one-on-one counseling and a customized quit plan to help you kick the habit for good. Listen to a sample call at: www.QuitLine.com
- [UnfilteredTV.com](#) - is a Washington State Department of Health web site where you can find facts and information about the dangers of tobacco, interactive features, ways to get involved in the real-world, news stories, contests and much more: www.unfilteredtv.com
- [Tobacco Prevention Resource Center](#) (TPRC) - provides training and technical assistance to Washington State Department of Health tobacco prevention and control contractors and other key stakeholders. Operated by ESD 112 in partnership with the network of nine ESDs in Washington State. www.tobaccopr.org
- [The Tobacco Technical Assistance Consortium](#) (TTAC) is an independent, nonprofit organization dedicated to assisting organizations in building and growing highly effective tobacco control programs: www.ttac.org